



# Trabuco Hills High School Pep Squad

## Criteria, Contract and Selection Process

- I. **Members of the Squad:**
  - a. Varsity
    - i. Selected from the current Freshman, Sophomore and Junior class
  - b. JV
    - i. Selected from the current Freshman and Eighth grade class
- II. **Eligibility:**
  - a. **Scholastic /Academic Requirement (pursuant to SVUSD Policy AR 6145.1)**
    - i. Student must qualify for tryouts with an overall 2.0 G.P.A. based on the previous 3<sup>rd</sup> quarter/previous trimester grading period.
    - ii. Student must maintain 2.0 or higher G.P.A. in order to remain eligible.
    - iii. If a student does not maintain a 2.0 G.P.A. in the previous grading period, the student is ineligible to participate in extracurricular activities for the next grading period.
    - iv. A grading period is one quarter.
    - v. If a student earns one F and their overall G.P.A. is a 2.0, the student will remain eligible. A student who earns two F's in one grading period is ineligible.
    - vi. Students may NOT exercise the option of a probationary period in order to qualify for the selection process. A student may however, request to utilize the probationary rule during their term if they become ineligible and do not have more than one U in citizenship standard. Failure to meet the G.P.A. standards in subsequent regular grading periods will result in disqualification for the remainder of the term.
    - vii. Grades will be checked through each school's guidance department.
  - b. **Citizenship Eligibility:**
    - i. Any student who receives two or more U's in Citizenship in any grading period is ineligible.
  - c. **Residency/School Choice:**
    - i. Students must qualify for tryouts with proof of residency and/or prior SVUSD approval for Schools Choice.
  - d. **Athletic Clearance:**
    - i. Once selected, all Pep Squad members must meet the athletic clearance requirements.
- III. **Uniforms/Appearance Guidelines:**
  - a. Uniforms shall be worn for all functions at which the Pep Squad member shall be performing and during the school day of such performances (failure to do so will affect the Pep Squad member's grade). A grading scale will be provided after the tryout process.
  - b. Under no circumstance is the uniform to be worn at any function held by a non-school sponsored group.
  - c. The uniforms shall not be lent to any person while attending school without permission from the Advisor.
  - d. Uniforms are approved by the Advisor prior to purchase.
  - e. Any Pep Squad member not in the correct uniform will not perform.
  - f. ANY jewelry may not be worn during practice or performances.

- g. Hair shall be worn according to assigned style for each activity and will be worn pulled back during every practice.
- h. Nails may not be excessive in length or pointy, due to safety concerns. Crazy nail designs will not be permitted as they cause a distraction from the entire team. They will be permitted for dances the day before, however required to be removed before the next practice.
- i. Tattoos are not permitted.
- j. No facial piercing allowed at all times, even outside of Pep Squad events. Result of this would be removal from the team.
- k. No extreme, unnatural hair color or hair accessories is allowed. It must look natural. Any length is permissible.
- l. If a Pep Squad member decides not to return the following year, wearing any part of the uniform to school, or outside activities, is prohibited and disciplinary action will be taken.

**IV. Transportation Requirements:**

- a. In case of extenuating circumstances, a Pep Squad member may ride home with their own parents if advance permission is obtained by the Advisor and the Assistant Principal of Athletics.
- b. Unsportsmanlike conduct on any bus is prohibited. Any infraction will result in disciplinary measures determined by the Advisor.

**V. Attendance:**

- a. A Pep Squad member must attend a minimum of 4 classes on the day of an activity in order to participate (SVUSD AR 6145.1).
- b. A Pep Squad member shall attend all practices and rehearsals scheduled by the Advisor/Coaches. Two absences occurring prior to a performance will remove the participant from the game/performance, pending extenuating circumstances.
- c. A Pep Squad member shall attend all assigned athletic functions.
- d. Absences from school must go through Attendance. Please contact the Advisor/Coach if they are missing school on a game day and if they will be missing that game.
- e. Advisor/Coach can decide if a Pep Squad member's excused absence will be detrimental to the team's performance and remove her from the routine.
- f. Absences due to participation in mandatory student government, required class field trips, or other campus activities that will affect their grade or graduation must be approved by the Advisor in advance.
- g. Penalties for absences from assigned events will be determined by individual site Advisor.
- h. During a suspension, a Pep Squad member shall attend all functions, but may not participate or wear the uniform.
- i. Three 0 Period only absences in a quarter period will result in the lowering of a grade. Each one after, lowers it another grade.

**VI. Conduct:**

- a. Athletes are observed in many areas of school and community life. An athlete always represents his/her team. Therefore, it is important that his/her attitude and behavior, both at school and in the community, be above reproach so that it will bring respect to him/herself, team, and school. The following are the primary responsibilities and standards of all athletes.
  - i. To remember that participation is a privilege and not a right: as such, the privilege may be revoked if the athlete does not abide by the athletic code and follow school and district policies.
  - ii. Any conduct (known to have occurred during or after school hours) by an athlete which brings discredit to him/herself, the team or the school is not acceptable, and may be grounds for suspension of athletic privileges. The athlete may ask the review board to

review the case if there are extenuating circumstances. Acts that discredit the athlete, team and school are, but not limited to the following:

1. Misbehavior\*
2. Use of alcohol, drugs, tobacco (including chewing tobacco, e-cigs, hookah)
3. Student convicted of a crime
4. Acts of violence/vandalism
5. School related problems of a disciplinary nature
6. Note: students on school suspension are automatically ineligible to participate in, or attend, any school extracurricular activity.  
\*Misbehavior includes foul language, reference to alcohol or drugs and inappropriate pictures or comments regarding sexual activity posted on the internet/social media.

b. A Pep Squad member shall not smoke, use drugs, drink alcoholic beverages, use unbecoming language, or exhibit bad sportsmanship while a member of any squad. Any student of the SVUSD for whom there is reasonable cause to suspect the **possession or use of alcohol, drugs/narcotics, anabolic steroids** OR for whom there is reasonable cause to suspect the **selling or furnishing of alcohol, drugs/narcotics, anabolic steroids**, shall be immediately suspended from school and all school activities pending the outcome of an investigation, and shall be referred to the Expulsion Hearing Panel which will hold a hearing to determine if grounds for expulsion exist. If grounds for expulsion exist, the Board of Education will review the findings of the Panel and decide as to expulsion (B.P. 5131.6).

**c. Pep Squad responsibilities:**

- i. A Pep Squad member shall not bring food, drink, or gum onto the track/field or floor during a game or performance. Water is permitted at the games.
- ii. A Pep Squad member may not engage in extensive conversations during a game or exhibit disruptive behavior. They may be asked to sit out if they do so.
- iii. A Pep Squad member shall uphold all general school rules and the rules governing conduct at interscholastic athletic events.
- iv. A Pep Squad member shall respect one another's opinions and shall not embarrass or humiliate another cheerleader or Advisor/Coach.
- v. A Pep Squad member shall follow all League and CIF rules.
- vi. A Pep Squad member will sign and adhere to the Athletic Code of Conduct.

d. Any act of misconduct will result in disciplinary measures decided on by the Advisor and/or Administration which may result in removal from the squad.

**VII. Financial Responsibility:**

- a. Our Booster Club is run on donations by families. Donations are non-refundable.
- b. All members are encouraged to support ASB by purchasing an ASB card at Round-Up.
- c. Participation in fundraising may be used to defray costs.

**VIII. Time Commitment:**

- a. Enrollment in 0 Period Pep Squad class, for both semesters is mandatory for Trabuco Hills High School.
- b. Members participating in any on campus sport or off campus activity, in addition to Trabuco Hills Pep Squad, could possibly be presented with some time conflicts, which will affect the athlete's grade.
- c. Extra-curricular activities, or after school jobs, do not constitute excused absences. Keep this in mind when making other commitments.
- d. Every effort will be made to provide adequate notice for mandatory events.

- e. Summer school is an excused absence during summer practices if the class/es is/are required to graduate.
- f. We will observe two consecutive weeks off in the summer.
- g. Time commitment may, at times, require up to 15-20 hours per week.
- h. Assigned attendance at all events is mandatory, except for illness cleared by a doctor/medical professional, or a family emergency.
- i. Pep Squad members are required to promote school spirit at rallies, assemblies and assigned community events.
- j. Pep Squad members are required to make posters for games and events.
- k. Senior Pep Squad members must assist with clinics and tryouts.
- l. Pep Squad members will adhere to assigned call times as instructed by the Advisor/Coach.
- m. The term of membership for all Pep Squad members is from the date of selection to the end of the following school year. It is a year-long commitment.
- n. If a Pep Squad member quits or transfers schools, she is ineligible to receive athletic awards and unable to attend the awards banquet. Due to the nature of the timing of the banquet, if quitting or transfer occurs after the banquet, awards may be revoked.

***The signature of a parent and participant on the consent form/contract signifies that you are willing and able to meet the requirements and responsibilities stated in the contract. Trabuco Hills Pep Squad members will be expected to adhere to this contract and retain this packet for future reference.***